



## The Parent's News Spot

### Solving Naptime Problems

March 2010

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**Napping is an important element of your child's healthy mental and physical growth. A daily nap refreshes a child so that she can maintain her energy, focus, and ability to learn for the rest of the day. Some studies even show that children who nap every day are more flexible and adaptable, have longer attention spans and are less fussy than those who don't nap.**

#### How can you tell if your child needs a nap?

Here are some of the signs that your child needs a daily nap:

- Wakes up in a good mood, but gets whiny and cranky as the day progresses
- Has more patience early in the day, but is easily aggravated later on
- Cries more easily in the afternoon and evening than earlier in the day
- Has an afternoon or early evening slump, but gets a second wind afterwards
- Yawns, rubs eyes, or fusses while getting ready for bed
- Often falls asleep in the car or when watching a movie

#### How much naptime does your child need?

Children differ in their sleep needs, some needing more or less than shown here  $\frac{3}{4}$  but what follows is a general guide that applies to most of them. Even if your child's sleep hours add up to the right amount, his or her behavior tells you more than any chart possibly could. When in doubt – always try for a nap, since even a period of quiet time can help a child feel more refreshed.

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[www.msrika-thekidsspot.com](http://www.msrika-thekidsspot.com)

## March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

#### REMINDERS:

I will be closed for vacation **March 22-26th** and that any fees or tuition due during that time must be paid by **Friday, March 19th**...You can post-date checks to the usual due date but I must receive the checks by that Friday, the 19th.

Closed Tuesday, March 22-26th  
March 30th and Monday, April 5th

#### Average hours of daytime and nighttime sleep

Age	Number of naps	Total length of naptime hours	Nighttime sleep hours**	Total of nighttime and naptime sleep
Newborn*				
3 months	3	5 - 6	10 - 11	15
6 months	2	3 - 4	10 - 11	14 - 15
9 months	2	2 ½ - 4	11 - 12	14
12 months	1-2	2 - 3	11 ½ - 12	13 ½ - 14
18 months	1-2	2 - 3	11 ¼ - 12	13 - 14
2 years	1	1-2 ½	11-12	13 - 13 ½
2 ½ years	1	1 ½ - 2	11-11 ½	13 - 13 ½
3 years	1	1-1 ½	11 - 11 ½	12 - 13
4 years	0 - 1	0 - 1	11-11 ½	11 - 12 ½
5-6 years	0 - 1	0 - 1	11	11 - 12

## Curriculum Overview

**March 2010**

**Letters : S, T, U**

**Numbers : 15, 16**

**Shapes : Square**

**Colors : Green**



**Wacky Week:** Things will go a little topsy-turvy during this theme! The days will be full of slippery, slimy, jiggly, wiggly, fizzy, foamy fun! The children will be encouraged to be their silliest selves ever!

**Changing Weather:** Spring is in the air! Information about wind, spring weather, rain, storms, and rainbows is shared throughout this theme. The children will be busy playing “in the clouds” in the dramatic play area while snacking on “rainbow” foods!

**Bunches of Bunnies:** Rabbits, eggs, chicks, and activities leading up to Easter fill this theme. Many bunny facts are included, as well as plenty of hopping and movement opportunities.

Wow! Words of Praise! Great!  
 Clever! Wonderful!  
 Good job! Way to go!  
 That's right! Super duper!

## Suggested Reading

